

## Nursing Care Centered on the Best Practices

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Nursing is a profession that is consolidated over time as a practice of care. Its actions are bound to make a daily routine in several areas by means of theoretical and practical knowledge to become a culturally recognized profession by society. The constant movement in the development and improvement of knowledge in modern society may raise the possibility of finding attitudes of professionals in their practice, which are disconnected from the scientific findings, especially in the health professions, monitor and know the results of researches can be difficult when the professional does not give priority to this practice linked to a specialty. This task demands organization to be able to select and analyze the published studies [1].

The social configuration of this century is assumed to be the knowledge society, this approach gives a new meaning to organizations, requiring also the knowledge worker, who is linked to practices related to creative performance, interaction and integration in different areas, this means that organizations also need to invest, and turn their efforts to the people so that they are qualified and knowledgeable [2].

In this context of practice focused on knowledge, evidence-based practice emerges as a new standard. Nursing traditionally does not act based on these practices, however, as the body of knowledge in this discipline has increased, there is a need to enhance your daily activities. It is a fact that nurses in general are not familiar with procedures for research analysis, data collection, and other relevant information of their actions transforming this information into elements that require another dynamic in the care provided [3].

It is known that the best evidence is always the one coming from prominent clinical research, centered on the patient and on his or her condition, using indicators related to prevention, treatment, rehabilitation, and the prognosis of that condition of health or disease [4].

The question is: what is best practice? How are the practices structured in a context where the care situations are different from one another, the patient's condition and the reality of the nursing world are made up of different local and regional situations and different health policies? This is the challenge for the professionals that incorporate the best practices in their daily work.

Currently, new drugs and procedures are available, and nurses committed to excellence in care, must keep up to date. This perspective is entitled as the best practice and it can be characterized as an important opportunity for nurses who want to maintain their care based on quality standards. The best practice is linked to the clinics, treatments and procedures that imply the best possible outcome for everybody involved in the care [5].

The concept of best practice emerged from the health community due to the increase of demands from health institutions and professionals who provide care to maintain a greater control of costs and efficiency of treatments. The interest in identifying the best strategies for the effective treatment, as well as the closest form of care to that clinical situation, is the main element of this practice [5].

The best condition to achieve the best practices requires a lot of changes in organizations, individual and collective, involving the access to information, working conditions, and space for the professionals to develop researches involved in their practice. Adding value also to intellectual resources and incorporating into daily life the possibility

to work and structure both tacit and explicit knowledge, significantly contributes to better ways of daily thinking and acting [2].

Some criteria are considered to define such practices linked to health care such as the construction and continuous observation of indicators, the control of the results of the actions, both positive and negative, the use of scientific studies and their results, as well as its replication in care practices. This concept of the best practice brings critical reflection on the actions as an important element in building a care excellence, because it allows continuous learning and development [2].

This process starts with the comprehension and knowledge about common sources of information that are available in your nursing practice which may be researches, experience or expertise in specialties [5]. This perspective is evident as a possibility in the professional organization, with the focus on the individual actions and not only for diagnosis [6].

Scientific studies have made available for the nursing practice various skills that can be used not only in an institution, but they can be socialized in various contexts. This processed knowledge generates a construct of reference, currently called the benchmarking recognized as a process for the selection of information sources of the best practices as a performance measure that serves as a pattern also to assess other outcomes [5].

It is believed that the great challenge for the nursing care is to develop care linked to the prospect of best practices is the fact that the work is still bound to an old and a new way of acting, in other words, there is a practice aimed at associating the empirical and the scientific ways of acting [6]. The search for the validity of the evidence that supports the clinical decisions focuses on human responses to health problems, the treatment and the process of life [7] should guide all actions of nursing so that the knowledge in each experienced context can be socialized and used widely.

### References

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